



## Type 2 Diabetes Cookbook: Breakfast and Smoothies - 50 Diabetic-Friendly Low Carb, Low Sugar, Low Fat, High Protein Frittata, Breakfast Casserole, Pancakes, Oats and Smoothie Recipes (Paperback)

By Stella Layne

On Demand Publishing, LLC-Create Space, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.50 Diabetic-Friendly Low Carb, Low Sugar, Low Fat, High Protein Frittata, Breakfast Casserole, Pancakes, Oats and Smoothie Recipes In this book, Stella and Selena will show you how to delicious, nutrients-packed, energizing breakfast to help you kick start for a day. This book includes: 1.) An at-a-glance nutrition summary table 2.) 50 Diabetic-Friendly Low Carb, Low Sugar, Low Fat, High Protein Frittata, Breakfast Casserole, Pancakes, Oats and Smoothie Recipes All recipes in this book are Diabetic-friendly with under 30g carbs, 10g sugar and 10g fat per serving. Look at the list of recipes provided in this book below and see it for yourself. FRITTATA/ CASSEROLE RECIPES Salsa Turkey Veggie CupsChicken and Egg MuffinItalian Chicken and Broccoli FrittataGarlic Shrimp and Veggie FrittataCheesy Salmon and Tomato FrittataMediterranean Zucchini and Spinach FrittataMexican Black Bean FrittataBacon, egg and oats CasseroleTofu Spinach QuicheButternut Squash and Kale Casserole PANCAKE RECIPES 10-Minute Protein WaffleCheesy Ham and Spinach WaffleApple Cinnamon PancakesPumpkin Pie PancakesCarrot Cake PancakesCinnamon Roll PancakesGingerbread PancakesDouble Chocolate PancakesBlueberry Cinnamon PancakesZucchini and Yogurt Pancakes SMOOTHIE RECIPES Chocolate Coconut ParadiseAlmond Joy ShakeLemon Cheesecake SmoothiesDouble Chocolate DelightPeanut Butter BombLime and...



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